

# HAPPY NEW YEAR

## Keeping Baker Healthy



### Countdown to Good Health in 2015

The stress of the holiday season and the colder winter weather can leave us vulnerable to getting sick. Resolve to be well in 2015 by following these tips!



**10) Wash Your Hands Often.** Avoid getting sick and help stop the spread of germs by washing your hands. Wash your hands with soap and running water for at least 20 seconds.

**9) Stay Warm.** Cold weather can cause health problems, especially for infants and older adults. Stay dry, dress warmly, and limit exposure in at-risk people.



**8) Avoid Others Who Are Sick.** Try to keep your distance from coworkers and loved ones who are becoming ill. If you are a caregiver, minimize your risk by washing hands and disinfecting common surfaces like door handles and counter tops.



**7) Schedule Your Yearly Check-up.** Don't wait until health problems develop before going to the doctor. Schedule a check-up with your healthcare provider to catch potential problems before they become serious.

**6) Get Enough Sleep.** Adults who regularly get fewer than 6 hours of sleep a night can develop problems with learning, weight gain, mood, and lowered immune system function.

**5) Eat Healthy.** Now that the holidays are over, start fresh by eating fruits, vegetables, and a diet low in fats, salts, and sugars.

**4) Drink Water.** You may not feel as thirsty during the colder months, but becoming dehydrated will leave you more vulnerable to colds and other winter diseases.



**3) Stay Active.** It might be cold outside, but there are several ways to stay active in the winter. Focus on indoor activities like joining a health club or renting an exercise DVD.

**2) Minimize Stress.** The holidays can be stressful, but prolonged periods of stress can lead to health problems. Manage stress by eating well, getting enough sleep, staying active, taking time to relax, and finding support from family, friends, or a health care professional.

**1) Be tobacco free!** Now is the perfect time to kick your tobacco habit. Contact the Baker County Health Department at **1-877-784-8486** for information on free smoking cessation classes, or get help online at [www.tobaccofreeflorida.com](http://www.tobaccofreeflorida.com).



### All About Collard Greens!

- Collard greens belong to the very nutritious cruciferous vegetable group. This group also includes cabbages, broccoli, and brussels sprouts.
- Collard greens are very high in dietary fiber, which plays an important role in regulating blood sugar levels and improving digestion.
- Collard greens are high in vitamin C and other nutrients that help support a healthy immune system.
- While collard greens are available year-round, they are at their peak flavor and nutrition in the colder months



### Get Moving in 2015!

Exercising to lose weight and get in shape is one of the most common New Year's resolutions. Help increase your chances of success this year by setting realistic workout goals, supporting your exercise with a healthy diet, maintaining motivation by working out with a buddy, and finding exercise routines that are both enjoyable and convenient for your lifestyle.



# Monthly Recipe!

## Baked Oatmeal Muffins

*makes 12 muffins*

*Per serving: 136 calories, 4 g fat, 2.5 g fiber*

### Ingredients:

2 1/2 cups old-fashioned rolled oats

\*note: quick or instant oats will not work

1 tsp. baking powder

1/2 tsp. kosher salt

1 tsp. cinnamon

2 tbsp. butter, melted and cooled

2 cups low-fat milk

1 egg

1/4 cup maple syrup (or honey)

2 cups chopped apples (can also use other fresh or frozen fruits)

Optional: 1/4 cup nuts or seeds

### Directions:

1. Preheat the oven to 375 degrees. Grease or line two muffin pans.
2. In a medium bowl, combine the oats, baking powder, salt, cinnamon, fresh fruit (and nuts if using). In a small bowl, whisk together the butter, milk, syrup, and egg. Combine wet ingredients with dry.
3. Batter will be very loose and wet. Evenly distribute oatmeal/fruit mix into muffin pans. Bake at 375 degrees for 25-35 minutes or until muffins are just golden brown. Bake time may vary depending on size of muffin pan and oven. Allow to cool before serving. If not serving immediately, allow to cool completely and refrigerate in air tight container or freeze.



Reheat frozen muffins for a quick and healthy breakfast !

For more healthy recipes check out:

[www.healthybaker.org](http://www.healthybaker.org)

Or follow us on Facebook:

[www.facebook.com/HealthyBaker](https://www.facebook.com/HealthyBaker)



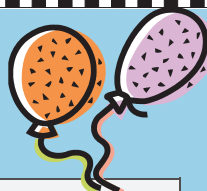
### Healthy Garden Tip



Have produce that spoils before your family can eat it? Don't throw it out, use it as compost! Start a compost bin with waste like fruit and veggie scraps, coffee grounds, tea bags, and egg shells. Not only will you reduce the volume of garbage for disposal, but you will also end up with a great source of nutrients for your garden! Avoid adding wastes like meat, bones, fish, cheese, and oily food to your compost pile; these will spoil quickly, create bad odors, and attract maggots, rodents, and other pests.



## Monthly Puzzle!



E	S	S	G	H	W	L	W	V
C	X	L	S	T	A	Y	A	D
W	N	E	M	A	R	E	T	F
A	A	E	R	M	M	L	E	R
S	L	P	B	C	N	D	R	U
H	A	N	D	S	I	C	X	I
V	E	G	G	I	E	S	V	T
E	A	T	W	E	L	L	E	T

**Word Search:** circle habits that will help you stay healthy in 2015

Wash Hands

Exercise  
Fruit

Sleep  
Veggies

Stay Warm  
Water

Eat Well

### Healthy Eating on a Budget



Save money on meat and improve your health in the process by trying Meatless Mondays with your family. Substitute the meat in a few meals a week with affordable plant protein sources like beans, peas, or lentils.

### Contact Information

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